

Footcare Fundamentals

Helpful Hints About Painful Feet

Save Your “Soles” With Doc’s Tips

(NAPSA)—Good news for anyone whose feet are dry, rough and callused. Podiatrist and foot/ankle surgeon Lee S. Cohen, DPM, says there are things that can be done at home to remedy the situation. Here are his tips:

- **Go for Fit, Not Flair:** One of the most common causes of calluses is pressure from ill-fitting shoes, particularly in women. “Shoes that are too small, too narrow or have a very high heel push the toes together, causing them to rub against one another or the shoe, creating calluses. Wearing backless shoes that don’t offer heel support allows the heel to spread and flatten, creating dry, cracked skin and fissures. Shoes that are too big allow your feet to slide around and rub against the inside of the shoe. Make the fit and support of the shoe a priority, no matter how great it might look,” says Dr. Cohen.

- **Choose the Correct Athletic Footwear:** “Everyone thinks sneakers will be automatically comfortable because they are, well, sneakers. But even sneakers need to be fitted properly,” says Dr. Cohen. “As a consultant to both the Philadelphia Eagles and Sixers, I see how important the right footwear is for athletes.” Some running shoe stores will actually have you run on the treadmill to see where your foot and ankle “trouble spots” are to make sure you get the right shoe.

- **Shed Pounds of Pressure:** The less you weigh, the less pressure that is on the feet. “It is just a matter of gravity,” says Dr. Cohen. “Every time you take a step, you put the pressure of more than double your body weight on that foot.” Shedding even 10 pounds can make a difference on



Good self-care and preventative measures can keep feet looking and feeling great.

foot problems.

- **Reduce Calluses Safely:** Dr. Cohen doesn’t recommend using razor blades at home. Instead, he suggests the Microplane® Foot Files with tiny, bi-directional files—made from a patented photo-etching process—to remove dry skin and tough calluses on the feet gently, effectively and, most importantly, safely.

- **Soft and Sweet:** The key to sweeter feet? Liberal application of lotion. “To eliminate dry feet and calluses, it’s important to keep your feet moisturized once you’ve gotten rid of that thicker, dead skin,” Dr. Cohen says. “Apply a thick lotion to your feet a few minutes after filing away excess skin and after showering because these are when the skin is most receptive.” He also recommends applying lotion to feet before bedtime and wearing cotton socks to keep it on your skin. The Microplane® Essentials Gift Set includes the file, foot cream and spa socks.

For more information, visit www.microplane.com.